

is kiwi a good source of fiber

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Is kiwifruit a good source of fiber?

Kiwi Fruit, also known as Actinidia chinensis, is a fruit that is native to China. It was first introduced to New Zealand in 1907 and has since become a popular fruit in many countries. Kiwi fruit is a good source of fiber, with one medium-sized fruit containing about 3 grams of fiber.

Is kiwi a good source of fiber?

Kiwi is a good source of fiber, with one medium-sized fruit containing about 3 grams of fiber. This is a good amount of fiber for a fruit, and it can help with digestion and keep you feeling full. Kiwi also contains other nutrients, such as vitamin C and potassium.

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Kiwi Farms - Kiwi

Kiwi Farms is a website that features a collection of lolcows, which are a type of internet meme. The website is known for its humorous and often controversial content. It is a good source of entertainment and can be a fun way to spend some time.

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